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博 士 学 位 论 文

关于大学生自我管理能力的实证研究  
——以福建省十一所不同层次类型的高校调查为例

An Empirical Study on the Self-management Ability of  
Undergraduates: Based on Investigation of 11 Different  
Types and Levels of Universities in Fujian Province

李 青 合

指导教师姓名: 王 洪 才 教 授

专 业 名 称: 高 等 教 育 学

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## 摘 要

自我管理不仅是社会民主化进程和知识经济发展的需要,更是终身教育的内在要求。作为未来社会发展生力军的大学生,其自我管理能力状况直接关系到高校人才培养的效果,也将对未来社会建设产生重要影响。因此开展大学生自我管理能力研究,具有非常重要的理论意义和实践意义。

本文首先在梳理国内外已有相关研究的基础上,系统地探讨了大学生自我管理的内涵和价值;其次,运用班杜拉的三元交互理论,从大学生主体、行为和环境三个方面分析影响大学生自我管理能力的因素并进行问卷设计;再次,运用自编《大学生自我管理能力调查问卷》,在福建省 11 所高校对 3020 多个大学生进行调查;根据调查结果,从大学生个体、家庭和学校等三个层面探讨大学生自我管理能力的现状和大学生自我管理能力的薄弱环节;复次,通过个案研究进一步加深对大学生自我管理能力现状的探讨;最后,在对大学生自我管理能力现状进行分析的基础上,提出提升大学生自我管理能力的策略。

调查发现:当前大学生自我管理能力水平整体偏低,在自我设计能力方面表现出严重不足,而自我执行能力最为薄弱;父母的管教方式和学生干部经历对大学生自我管理能力的影 响最大;不同大学生群体在自我管理能力上存在着明显差异,主要表现为:

- (1) 男生在自我管理能力上整体高于女生,女生在自我反思能力上高于男生;
- (2) 不同年龄大学生仅在自我调控能力上存在显著性差异,而在其他方面差异不显著;
- (3) 独生子女大学生在自我管理能力上整体高于非独生子女大学生;
- (4) 父母接受过高等教育的大学生自我管理能力整体上高于未接受过高等教育的大学生;
- (5) 家庭经济状况好坏与大学生自我管理能力高低之间整体上呈正相关系;
- (6) 担任过学生干部的大学生在自我管理能力各个环节上均高于未担任过学生干部的大学生。

这些调查研究结论为进一步制定有效提高大学生自我管理能力的对策提供了科学参照，同时也为进一步研究提出了新课题。

**关键词：**大学生 自我管理能力 实证研究

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## Abstract

Self-management is not only the demand of social democratization and the development of knowledge economy, but also an inherent requirement of life-long education. As the main development force of future society, undergraduates' self-management ability situation is directly related to the quality of education and the construction of future society. Therefore, it is of great theoretical and practical importance and significance to develop the research on undergraduates' self-management ability.

In this paper, the author systematically explores the connotation and value of undergraduates' self-management, after reviewing former research achievements abroad and at home. Secondly, the author investigates present undergraduates' self-management situation from the undergraduates themselves, their behaviors and the environmental around them, with the help of Bandura's triadic reciprocal determinism, to analyze the factors that influence undergraduates' self-management ability and to design questionnaire. Thirdly, the author surveys more than 3020 undergraduates of 11 universities in Fujian province by using self-compiling "undergraduates' self-management ability questionnaire". The result of this survey leads to the analysis from individual, family and school aspects in order to get the present situation of undergraduates' self-management ability and the weakness of undergraduates' self-management ability. After that, the author goes through further cases study of undergraduates to deepen the discussion of the present situation of the self-management ability. Finally, the author puts forward several strategies which are designed to promote undergraduates' self-management ability.

Through The Survey, we find out that the level of undergraduates' self-management ability is quite low as a whole, and shows severe shortage in self-design ability; executive-self ability is the weakest among other abilities; Manner of supervising children and students' experience as student leaders have



obvious influence on undergraduates' self-management ability.

Self-management ability shows Sig.nificant difference within different students groups as follow:

(1) In general, Boys show better self-management ability than girls'. Girls' self-reflection ability is better than boys'.

(2) Sig.nificant difference exists only in self-regulation ability dimension for different age undergraduates. And no Sig.nificant difference in other dimensions

(3) General speaking, Single-child undergraduates show better self-management ability than non-single-child.

(4) General speaking, undergraduates whose parents had been to university show better self-management ability than those whose parents hadnot been to university.

(5) The family's income generally has a positive correlation with undergraduates' self-management ability.

(6) Students Cadres are higher than non-cadres students in every dimension respectively.

These research results provide a scientific reference for making an effective countermeasure to improve undergraduates' self-management ability.and therefore,it puts forward new topic for the further study.

**Key words:** Undergraduates; Self- management ability; Empirical sduy

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